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CORNELL BULLETIN FOR HOMEMAKERS

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MILK AND CHEESE

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CONTENTS

Milk as a daily food 5
The value of milk as a food 5
Food value of the various forms of milk 5
Boiled milk 5
Pasteurized milk 6
Homogenized milk 6
Skimmilk 6
Buttermilk 6
Sour milk 7
Dried milk 7
Condensed and evaporated milk 7
Cream, butter, and ice cream 7
Cottage cheese 7
Whey 8
Cheese 8
Recipes 9
Scalded milk 9
Sauces 9
Chowders and oyster stew 10
Soups made with milk or cream 12
Main dishes 17
Creamed dishes 17
Cheddar-cheese dishes 17
Other main dishes 20
Salad dressing 21
Cereals cooked with milk 21
Hot breads, cakes, and cookies 22
Custards 35
Gelatin desserts, and puddings 37
Ice creams and sherbets 43
Beverages 48
Equivalents and weights 49
Index 50

Buy the best milk you can afford.

Have the milk bottle put into a covered box when the milk is delivered. Never allow a bottle of milk to stand on the doorstep, exposed to light.

Wash the outside of the bottle before putting it in the refrigerator.

Keep milk covered in a clean, cold place.

Take out only enough milk for each meal.

Wash the bottle carefully and return it regularly.

Use a milk bottle for milk only.

MILK AND CHEESE

MILK AS A DAILY FOOD

The value of milk as a food

Milk is rich in calcium, which is needed for building bones and teeth and for regulating body processes. It is safe to say that from no other food can calcium be supplied to the body so easily and so cheaply as from milk in some form. Phosphorus, which is needed along with calcium for building bones and teeth, is also supplied by milk. If the feed of the cow contains a liberal amount of iodine, the milk may be an important source of this mineral, which is essential for the prevention of goiter.

In addition to its value as a source of minerals, milk is assigned its high place among foods because of the quality of its protein, the value, abundance, and variety of its vitamin content, and the energy which its fat and sugar yield. The New York State College of Home Economics has published charts that show the food value of milk as compared with other common foods.[1]

The fact that milk is the sole food of the new-born infant, and that it continues to be a main factor in his diet throughout childhood, shows its importance in growth. The College of Home Economics has published bulletins that tell of the use of milk in infant and child feeding.[2] Milk enriched with vitamin D is now available on the market. This enrichment is accomplished in one of three ways: (1) irradiation of the milk; (2) feeding irradiated yeast to the cow to produce "metabolized" vitamin-D milk; or (3) the addition of a vitamin-D concentrate.

Food value of the various forms of milk

Boiled milk

The boiling of milk prevents the formation of large, firm curds in the stomach, and it is therefore believed that boiling increases the ease of digestion of milk. Boiled milk is commonly used in feeding infants and persons with digestive disturbances. The prevalent idea that boiled milk is constipating is probably due to the fact that it is more completely

[1]Food value chart. By Flora M. Thurston and others. Cornell Ext. Bul. 71. 1923.
Vitamin chart. Cornell Ext. Bul. 289. 1934.
[2]Feeding babies and mothers of babies. By Helen Monsch. Cornell Ext. Bul. 300. 1934.
Feeding pre-school children. By Helen Monsch. Cornell Ext. Bul. 351. 1936.

digested than raw or pasteurized milk. Since some foods with definitely laxative properties (such as fruits, fruit juices, vegetables, and whole cereals) are usually eaten, one need have no concern over the non-laxative effect of boiled milk.

The minor chemical changes that take place in milk as the result of bringing it to the boiling point do not appear to affect materially its nutritive value. When milk requires heating for safe use, it should be boiled as quickly as possible and stirred constantly during the heating process.

Pasteurized milk

Pasteurized milk is milk that has been heated for thirty minutes at 145° F. This treatment destroys any harmful bacteria that may be present and also the bacteria that cause the souring of milk. While the so-called flash method, that is, heating milk at a higher temperature for a shorter time, has been used, it is now rated as less satisfactory than the slower method. Under some circumstances the vitamin-C content may be decreased in pasteurization, but again it must be remembered that milk should not be relied on to supply adequate amounts of vitamin C.

Homogenized milk

Homogenized milk is milk that has been mechanically treated to reduce the size of the fat globules so that the cream will not rise.

Skimmilk

Clean, sweet skimmilk is as valuable as whole milk for its content of calcium, good-quality protein, vitamins B and G, and its pellagra-preventive value. Because of the lack of fat, however, skimmilk has a lower energy value and a lower vitamin-A and vitamin-D content than has whole milk, therefore it has not the same growth-promoting power as has whole milk, although it still contains growth-promoting properties. For this reason, children should have whole milk instead of skimmilk, unless an equivalent amount of butter is used to replace the fat of the whole milk.

Buttermilk

Buttermilk, formerly only obtained after the churning of milk to make butter, is now also made from the skimmilk that is left when cream is separated from whole milk. It has been soured by the addition of a culture of lactic-acid-producing bacteria and is therefore known as *cultured buttermilk*. Fat is often added in the form of sweet cream or as whole milk that has been churned to produce little flakes of butter.

Unless fat has been added, buttermilk has the same food value as skimmilk, but some persons digest buttermilk more easily than skimmilk, because the casein is clotted by the acid present. It is believed that when

the casein of milk is clotted before it reaches the stomach, either by souring or by the addition of orange, lemon, or other fruit juices or junket, it does not form the large, firm clot sometimes formed in the stomach by sweet milk.

Sour milk

Sour milk, formerly a product frequently obtained from the natural souring of raw milk, is now not very common because it can be formed from pasteurized milk only by the addition of a culture of lactic-acid-producing bacteria.[3]

Dried milk

Dried milk does not differ greatly from fresh milk in food value, since probably the only loss through the drying process is part of the amount of vitamin C. However, since milk is not to be depended on as a source of vitamin C, this fact is of little importance and dried milk may be freely used if fresh milk is not available. Dried skimmilk combined with oats, cornmeal, or wheat may now be purchased in some markets.

Condensed and evaporated milk

The statements made about dried milk also hold true for evaporated milk. It should be remembered that sweetened, condensed milk is high in additional sugar and that, if some sort of preserved milk is to be used continuously, the unsweetened variety (dried or evaporated) is preferable.

Cream, butter, and ice cream

Cream is the portion of milk that rises to the surface when milk stands, or the portion that can be separated by centrifugal force.

Cream, including butter and ice cream made from it, should have a definite place in the daily diet because it contains both vitamins A and D and the high energy value of fat. The souring of cream does not change its nutritive value any more than does the souring of milk. Butter, however, does not have the protein, mineral, or vitamin-B and vitamin-G content of whole milk, for the food value of whole milk is divided between butter and buttermilk (page 6) in the process of butter-making.

Light cream, or coffee cream, contains not less than 18 per cent of milkfat.

Medium cream contains about 30 per cent of milkfat.

Heavy cream contains not less than 30 per cent and usually from 36 to 40 per cent of milkfat.

Cottage cheese

Cottage cheese made from the curd of milk is a valuable food. It contains much of the protein of whole milk and is consequently a good source

[3]Refer to the discussion in the preceding paragraph and to the use of sour milk in cooking (page 23).

of this important building material. Much of the calcium and part of the phosphorus of whole milk is lost in the whey when cottage cheese is made. The vitamin-A content of cottage cheese is also low as compared with that of whole milk.

Since cottage cheese is a food suitable for the entire family, it can be utilized freely in cooking. Used in cheese cakes, salads, sandwiches, as a meat substitute, and in many other ways, it fits effectively into the family budget.

Whey

Whey has nutritive value and should not be discarded. It contains the water-soluble, and a small part of the fat-soluble, growth-promoting vitamins, much of the calcium, part of the phosphorus, and it may also contain most of the carbohydrate, of the original milk.

Cheese

In the United States the word *cheese,* when unqualified, is understood to mean cheese of the Cheddar type, called also *American* and *American Cheddar.* Since many different kinds of cheese are on the market and each one is best adapted to certain uses, care should be taken to specify the exact type of cheese to be used in a recipe; for instance, American cheese, cream cheese.

Whole-milk cheese is made from whole milk. Examples are Cheddar, pineapple, Limburger, brick, Stilton, Gouda, Neufchatel, cream, Roquefort, and Gorgonzola.

Whole-milk or partly-skimmed-milk cheese is made from whole or partly skimmed milk. Examples are Edam, Emmenthaler, Swiss, Camembert, Brie, and Parmesan.

Skimmilk cheese is made from skimmilk. An example is cottage cheese.

Process cheese is a modified cheese made by mixing with the aid of heat one or more lots of cheese into a mass. Not more than 3 per cent of a suitable emulsifying agent is added. Process cheese, unqualified by another name, means processed Cheddar cheese.

Cheese spreads are soft varieties of cheese flavored by the addition of such ingredients as pimiento, olives, pickles, and onion.

Cheese food is cheese to which whey has been added.

Cheddar cheese, in concentrated form, has most of the constituents of the milk from which it is made, although some are removed with the whey. Five ounces of American cheese, for example, furnishes most of the nutritive value of 1 quart of whole milk. Cheddar-type cheese is often a more economical source of these nutrients than is whole milk, since a third of a pound of cheese, costing 8 or 9 cents, would give about the same food values as a quart of milk at 12 or 13 cents a quart.

Cheese may be used in a variety of ways for all but the youngest members of the family. It may easily furnish the main protein dish for the meal, or even for the day, for cheese is approximately one-fourth protein. When one must economize, a little cheese can be used not only to add flavor, but to "complete" the proteins of vegetables in soups, stews, or scalloped dishes.

Cheese properly cooked, that is, not overcooked so as to be tough and stringy, is usually easily digested.

RECIPES[4]

Scalded milk

Method I (quick)

Place the milk in a sauce pan and heat it until tiny bubbles form around the edge and a skin forms on the top.

Method II

Place the milk in a double-boiler and heat it over boiling water until tiny bubbles appear near the edge and a skin forms on the top. This method requires more time than Method I but there is no danger of the milk scorching or bubbling over.

Sauces

White sauce

I	II	III
Thin	*Medium*	*Thick*
Butter: 1 tablespoon	2 tablespoons	3 tablespoons
Flour: 1 tablespoon	2 tablespoons	3 tablespoons
Milk: 1 cup	1 cup	1 cup
Salt: ¼ teaspoon	¼ teaspoon	¼ teaspoon

Method I

Melt the butter in a sauce pan and stir the flour and salt into it. Cook this directly over the flame for several minutes, stirring constantly and taking care not to brown the flour. Remove it from the heat. Add the cold milk all at once, stirring until smooth. Return the mixture to the heat and bring it to an active boil, stirring constantly.

Method II

Add enough cold milk to the flour to make a smooth thin paste. Scald the remainder of the milk. Pour the thin flour paste into the hot milk and cook this directly over the heat for 5 minutes, stirring constantly until thickened, or cook it over boiling water for at least 20 minutes. Add butter. (Butter may be omitted if desired.)

[4]The recipes in this bulletin have been tested, modified, and improved by students in the College of Home Economics and approved by them and by members of the Foods and Nutrition staff.

Cheese sauce

1 cup medium white sauce
⅓ cup (1 ounce) grated cheese, strong flavor
or
⅔ cup (2 ounces) grated cheese, mild flavor

Add the cheese to the hot white sauce and stir this until the cheese is just melted. Do not cook.

Chowders and oyster stew

Chowders, stews, and hearty milk soups are frequently served in generous portions as the main course for luncheon or supper. If the meal is to consist of two courses only, crisp fruit salad with cheese biscuits, (page 25), cheese crisps (page 25), or cheese pin wheels (page 26) is suggested.

Boston fish chowder

(Approximate yield: 10 servings of 1 cup each)

1½ pounds haddock
2 teaspoons salt
¼ to ½ pound fat salt pork, cut into ¼-inch cubes
2 cups potatoes, diced
1 cup onions, cut in small pieces
6 cups milk

Clean the fish, put it into 1½ cups of cold water containing 1 teaspoon of the salt and bring this slowly to a boil, simmering just below the boiling point until the fish falls from the bones. Cut the salt pork into small cubes of uniform size and cook it in a skillet until golden brown, then remove the pork from the skillet and drain on absorbent paper. Remove all but about 4 tablespoons of the fat from the skillet, then drop in the onion and cook it for about 10 minutes, but do not brown. Remove the cooked fish from the water and pour the water over the onions in the skillet. Add to this the diced potatoes. Cover and cook for about 10 minutes, or until the potatoes are tender. Remove all bones and skin from the fish; put the fish with the rest of the salt, milk, potatoes, and onions into a large kettle and heat just below the boiling point for at least ½ hour and longer if possible. Serve hot with plain crisp crackers, broken into each dish just before serving, and garnish with the cubes of salt pork. Fish chowder is used as a main dish. It is delicious when reheated the second day.

Clam chowder

(Approximate yield: 10 servings of 1 cup each)

1 pint clams
¼ to ½ pound fat salt pork
6 cups milk
2 cups diced potatoes
¾ cup onion, cut in small pieces
2 teaspoons salt

Pick the clams over and wash them in about 2 cups of water. Reserve this liquid after straining. Cut the hard part of the clams into small pieces and simmer them in the liquid with 1 teaspoon of the salt for about 10 minutes. Proceed then as directed for Boston fish chowder, using clams in place of fish, adding the soft parts of the clams when the milk is added.

Corn chowder I

(Approximate yield: 10 servings of ⅔ cup each)

2 slices fat salt pork, cut into ¼-inch cubes
2 tablespoons chopped onion
1¼ cups boiling water
2 teaspoons salt
2 cups raw potatoes, cut into ½-inch cubes
2 tablespoons flour
2¼ cups milk
2 cups corn, cream style
1/16 teaspoon pepper

Cut the salt pork into small cubes of uniform size and cook it in a skillet until golden brown, then remove it from the skillet and drain it on absorbent paper. Cook the onions in the pork drippings for 5 minutes, without allowing them to become brown. Add the water, salt, and potatoes. Cover and cook the potatoes for about 10 minutes, or until they are tender. Make a smooth thin paste of the flour and a little of the milk. Add this gradually to the potato mixture. Cook this until thick, stirring constantly. Remove it from the heat. Add the milk, the corn, and the pepper. Keep the mixture over very low heat or place it over hot water and heat thoroughly. Let it stand for at least 20 minutes before serving, and longer if possible. Garnish the chowder with the salt pork.

Corn chowder II

(Approximate yield: 8 servings of ⅔ cup each)

2 slices bacon
2 tablespoons chopped onion
2 cups cooked potatoes, cut into ½-inch cubes
3 cups milk
2 cups corn, cream style
2 teaspoons salt
1/16 teaspoon pepper

Heat the milk in a double-boiler and add the potatoes, the corn, and the seasoning. Cut the bacon into small pieces and brown them lightly in a skillet. Add the onion and cook the mixture until the onion is tender. Put the bacon and onion mixture into the chowder. Heat the mixture thoroughly in the double-boiler and serve with crisp wafers or toasted bread sticks.

Corn chowder III (buttermilk corn chowder)

(Approximate yield: 7 servings of ⅔ cup each)

2 slices salt pork, cut into small cubes
2 tablespoons chopped onion
1¼ cups boiling water
1½ cups raw potatoes, cut into ½-inch cubes
1½ teaspoons salt
3 tablespoons flour
2¼ cups buttermilk
1½ cups corn, cream style
⅛ teaspoon pepper

Cut the salt pork into small cubes of uniform size and cook it in a skillet until golden brown, then remove it from the skillet and drain it on absorbent paper. Cook the onions in the pork drippings for 5 minutes, without allowing them to become brown. Add the water, the salt, and the potatoes. Cover the mixture and cook it for about 10 minutes, or until the potatoes are tender. Make a smooth thin paste of the flour and a little water. Add this gradually to the potato mixture. Cook this until thick, stirring constantly. Remove the mixture from the heat. Add the buttermilk slowly to this thick mixture, stirring constantly. Place the mixture over hot water. Add the corn and the pepper, and heat thoroughly. Let the mixture stand for at least 20 minutes before serving. Garnish the chowder with the salt pork.

Oyster stew

(Approximate yield: from 5 to 6 servings)

1 quart milk
1 teaspoon salt
Pepper, paprika to taste
½ to 1 pint oysters
2 tablespoons butter

Scald the milk and the salt in the top part of a double-boiler. Look the oysters over carefully for any pieces of shell or foreign material. Add the oysters to the scalded, salted milk and let them cook slowly for ¾ to 1 hour. Season to taste. Just before serving, add the butter. Serve hot with oyster crackers. If desired the stew may be slightly thickened with cracker crumbs or 1 tablespoon of flour which has been cooked with the butter.

Soups made with milk or cream

Only a few recipes for cream soups are here suggested, but others are easily made by combining almost any raw, dried, or cooked vegetables with white sauce (page 9). The proportion of the vegetable to the milk varies with the flavor of the vegetable; the amount of thickening varies with the thickness of the vegetable pulp. Raw and dried vegetables should be cooked in a small quantity of water before they are combined with the

white sauce, or, if so desired, they may be cooked in milk in a double-boiler.

All cream soups may be made thinner by the addition of milk, or thicker by the addition of flour. It is easier to thin soup than to thicken it, and cream soups thicken rapidly as they cool. A satisfactory consistency for hot cream soup is that of coffee cream.

Croutons, diced pieces of the vegetable, chopped parsley, or paprika are suitable garnishes for cream soups.

Beet soup

(Approximate yield: 6 servings of ⅔ cup each)

1 cup raw beets, grated
1¼ teaspoons salt
2 cups boiling water
1 tablespoon sugar, if desired
¼ cup flour
1 cup buttermilk or sour milk
1 cup milk

Scrub and peel the beets, then grate or put them through a food chopper before measuring. Add the beets to the water and salt. (If the beets are not very sweet, add sugar.) Let them simmer for 15 minutes in a covered saucepan. Make a paste of the flour and a little cold water and add this to the hot beet mixture. Cook the mixture over direct heat until thick. Remove it from the heat and add the buttermilk slowly, stirring rapidly. Add the sweet milk and heat the mixture over water.

Cottage-cheese soup

(Approximate yield: 7 servings of ⅔ cup each)

4 tablespoons butter
1 tablespoon grated onion
4 tablespoons flour
1½ teaspoons salt
4 cups milk
2 cups cottage cheese (strained)

Heat the butter and cook the onion in it until transparent. Make a white sauce (page 9) of the butter, flour, salt, and milk. Add the cheese to the hot sauce and stir until well blended. Serve within 15 minutes.

Cream of baked bean soup

(Approximate yield: 9 servings of ⅔ cup each)

2 cups medium white sauce (page 9)
2 cups milk
2 cups baked beans
½ teaspoon salt

Add the milk to the white sauce, stirring constantly. Put the beans through a strainer, and combine the strained portion with the milk and sauce mixture. Add the salt and heat the mixture thoroughly.

Cream of carrot soup

(Approximate yield: 6 servings of ⅔ cup each)

1 cup diced carrots
2 cups boiling water
1 teaspoon salt
¼ teaspoon grated onion
2 cups medium white sauce (page 9)

Cook the carrots in boiling water until tender, then rub them through a sieve. Add the sieved carrots and water, the salt, and the grated onion to the white sauce. Heat the mixture for about 10 minutes.

Cream of celery soup

(Approximate yield: 6 servings of ⅔ cup each)

1 cup celery trimmings
2 cups boiling water
1 teaspoon salt
2 teaspoons grated onion
Pepper
2 cups medium white sauce (page 9)

Measure the celery trimmings by packing them tightly in a measuring cup. Cook them in boiling water until tender, then rub them through a sieve. Combine the sieved celery and water, the salt, the grated onion, and the pepper, and add all to the white sauce. If the mixture is too thick, add ½ cup milk. Heat the mixture for about 10 minutes.

Cream of corn soup

(Approximate yield: 6 servings of ⅔ cup each)

2 cups medium white sauce (page 9)
2 cups milk
1 cup cooked corn
1 teaspoon salt
½ teaspoon grated onion

Add the milk gradually to the hot white sauce, stirring continuously. Add the corn, the salt, and the onion juice. Cook the mixture for 10 minutes. Serve the soup immediately, without standing.

Cream of lima bean soup

(Approximate yield: 6 servings of ⅔ cup each)

1 cup dried lima beans, soaked
1 cup medium white sauce (page 9)
3 cups milk
1 teaspoon salt
1 teaspoon grated onion
1 teaspoon grated carrot, if desired

Cover the dried lima beans with water and soak them over night. Put them through a food chopper and cook in the water in which they were soaked. Scald the milk (page 9), add the salt, and combine with the

white sauce. Add the lima beans and the onion. Cook the mixture in a double-boiler for 10 to 15 minutes before serving. If desired, the cooked lima beans may be put through a sieve.

Cream of onion soup

(Approximate yield: 6 servings of ⅔ cup each)

2 cups medium white sauce (page 9)
1 cup cooked onion pulp
1 teaspoon salt
1 cup milk, or water drained from the cooked onions

Put the white sauce in a double-boiler. Cook the onions in boiling water until tender, then rub them through a sieve. Add the onion pulp, the salt, and the milk or onion water to the white sauce. If the mixture is too thick, add more milk. Cook the mixture for about 10 minutes.

Cream of potato soup

(Approximate yield: 8 servings of ⅔ cup each)

3 cups milk
1 tablespoon chopped onion
1 cup medium white sauce (page 9)
2 cups hot riced or mashed potatoes
1½ teaspoons salt
1 teaspoon chopped parsley, if desired

Scald the milk (page 9) with the onion, and combine this with the white sauce. Add this mixture to the hot potatoes, the salt, and the parsley. Heat it thoroughly.

Onion and potato soup

(Approximate yield: 10 servings of ⅔ cup each)

2 cups chopped onion
2 tablespoons butter
2 tablespoons flour
3 cups freshly boiled potatoes, chopped, heated with 1 cup water in which potatoes were cooked and 1 cup milk
(*or* 3 cups cold boiled potatoes, chopped, heated with 2 cups milk)
2 cups milk
½ teaspoon salt
⅛ teaspoon pepper

Cook the onions in the butter in a covered saucepan until soft but not yellow. Add the flour and stir until smooth. Add the potatoes and the liquid in which they were heated. Cook the mixture, stirring frequently until thickened. Add the milk, the salt, and the pepper, and bring to a boil.

Potato soup

(Approximate yield: 9 servings of ⅔ cup each)

- 1½ cups raw potatoes, cut in ½-inch cubes
- 1½ tablespoons onion, chopped or cut fine
- 2 tablespoons chopped parsley
- 4 cups boiling water
- 1½ teaspoons salt
- ¼ cup butter
- ⅓ cup flour
- 1½ cups buttermilk or sour cream

Cook the potatoes, the onion, and the parsley in salted water until the potatoes are tender, for about 10 to 12 minutes. Melt the butter, and add the flour to it. Heat and stir this mixture until well-blended; then to this add the hot potato mixture and the water in which it was cooked. Bring the mixture to a boil, stirring constantly. Add the buttermilk or cream. Heat the soup until it is just below the boiling point. Serve immediately.

If all or part sour cream is used, reduce the butter to 2 tablespoons and the flour to 3 tablespoons.

Peanut-butter soup

(Approximate yield: 7 servings of ⅔ cup each)

- 5 cups milk
- 3 tablespoons all-purpose flour
- ½ cup peanut butter
- 1 teaspoon grated onion
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika
- 1 tablespoon lemon juice
- 1 teaspoon salt

Scald 4½ cups of milk (page 9) in a double-boiler. Make a smooth paste of the flour and ½ cup of cold milk. Add the peanut butter, the onion, the pepper, the paprika, the lemon juice, and the salt. Mix all thoroughly, smoothing out the lumps. Add some of the scalded milk and return the mixture to the double-boiler. Cook the mixture for 30 minutes, stirring frequently to prevent lumping. Beat the mixture 15 to 20 strokes with an egg beater, to smooth out unavoidable lumps of peanut butter and to give a slight foaminess to the soup.

Cream of tomato soup

(Approximate yield: 6 servings of ⅔ cup each)

- 2 cups tomatoes
- 1 teaspoon salt
- 1 teaspoon grated onion, if desired
- 2 cups medium white sauce (page 9)

Put the cold tomatoes through a sieve. Add the salt and the onion and add this mixture gradually to the hot white sauce, stirring well. Heat the mixture thoroughly and serve at once. If the soup is served immediately,

it will not curdle. The addition of soda is not necessary; if it is used, the flavor will be inferior.

Main dishes

Creamed dishes

In making creamed dishes of such foods as carrots, onions, fish, or meat, a medium white sauce (page 9) is usually necessary; but, since a thick white sauce is easily thinned to the desired consistency by the addition of milk, it is good practice when in doubt to make the sauce too thick rather than too thin.

For dishes that are to be heated in the oven or for starchy or dry foods, such as potatoes, macaroni, and hard-cooked eggs, a thin white sauce (page 9) is usually more satisfactory.

A satisfactory proporton for creamed dishes is:

1 to 2 cups diced cooked vegetables, fish, or meat
1 cup thin or medium white sauce

Add the cooked vegetables, fish, or meat to the hot white sauce. Season, and heat the mixture thoroughly in a double-boiler. Stir the mixture just enough to blend but do not mush the material. If oven dishes are preferred, place the vegetable, fish, or meat in a baking dish and pour the seasoned white sauce over it. Buttered crumbs or grated cheese sprinkled over the top will brown nicely and prevent the surface of the sauce from hardening.

Suggestions for creamed dishes are:

Beans (snap or lima) and corn	Eggs, hard cooked
Brussels sprouts and chestnuts	Fish and eggs
Cabbage and cheese	Lima beans and mushrooms
Carrots and celery	Oysters and mushrooms
Carrots and peas	Peas and potatoes
Carrots, peas, and mushrooms	Peas and salmon or shrimp
Carrots and snap beans	Potatoes and onions
Carrots and spaghetti	Potatoes and salmon
Codfish	Sweetbreads

Use left-over cooked vegetables or cook raw ones in boiling salted water until tender. Drain well before combining them with the white sauce. Use cooked eggs, fish, chicken, or meat.

Cheddar-cheese dishes

Cheese custard

(Approximate yield: 6 generous servings)

3 cups milk
4 eggs
2 teaspoons salt
½ teaspoon scraped onion
1¼ cups, or 4 ounces, grated strong cheese

Scald the milk (page 9), add the beaten eggs, salt, onion, and cheese. Pour the mixture into a greased baking dish and place it in a pan of warm water. Bake the mixture in a slow oven (300° F.) until firm for about 60 minutes.

Cheese fondu

(Approximate yield: 6 servings)

1 cup milk
1 cup soft bread cubes
1 tablespoon butter
½ teaspoon salt
¼ teaspoon mustard, if desired
4 eggs, separated
1 cup, or 3 ounces, grated strong cheese

Scald the milk in a double-boiler (page 9), add the bread cubes, the butter, the salt, and the mustard. Beat the egg yolks well, add them slowly to the mixture, stirring constantly and cooking the mixture until smooth and thick. Add the grated cheese, stirring until thoroughly blended. Cool the mixture. Beat the egg whites stiff but not dry and fold them carefully into the cheese mixture. Pour the mixture into a buttered baking dish, and bake in a pan of water in a moderately slow oven (325° F.) for 45 minutes, or until a knife, inserted in the center, comes out clean.

Cheese and rice

(Approximate yield: 6 servings)

2 cups milk or tomato juice
2 cups cooked rice (⅔ cup before cooking)
⅔ cup, or 2 ounces, grated strong cheese
1 teaspoon salt
½ cup buttered bread crumbs

Pour the milk or tomato juice over the rice, add the cheese and the salt, and mix all thoroughly. Pour the mixture into a buttered baking dish, cover with buttered bread crumbs, and bake in a hot oven (400° F.) for 20 to 30 minutes, or until the crumbs are brown.

Cheese sandwich

(Approximate yield: 6 servings)

1¼ cups, or 4 ounces, grated strong cheese
1 small onion
¼ teaspoon salt
Few grains dry mustard
Few grains pepper
2 tablespoons chopped green pepper, if desired
1½ tablespoons melted butter
6 slices or small squares bread

Grate the cheese and the onion into a bowl. Add the salt, the mustard, the pepper, the green pepper, and the melted butter, and mix thoroughly to a paste. Spread this mixture on the soft side of bread which has been toasted on one side. Place the bread, spread side up, on the broiler just

before serving, and toast until the cheese melts and becomes brown. This mixture, uncooked, may be used for sandwich filling.

Cheese soufflé

(Approximate yield: 6 servings)

¼ cup butter
⅓ cup flour
1 teaspoon mustard
½ teaspoon salt
Speck cayenne pepper
1 cup milk
1 cup, or 3 ounces, grated strong cheese
5 eggs

Make a white sauce (page 9) of the butter, the flour, the mustard, the salt, the pepper, and the milk. Add the cheese and remove the mixture from the heat. Add the egg yolks beaten until lemon colored. Cool the mixture. Fold in the egg whites, beaten until stiff but not dry. Pour the mixture into a buttered baking dish, and set the dish in a pan of water. Bake the mixture in a moderately slow oven (325° F.) for about 40 minutes.

Macaroni, or rice, and cheese

(Approximate yield: 8 servings)

2 cups, or 6 ounces, grated strong cheese
3 cups medium white sauce (page 9)
3 cups cooked macaroni or cooked rice (1 cup before cooking)
½ cup buttered bread crumbs

Add 1 cup of cheese to the hot white sauce and stir until just melted. Put half of the macaroni or rice into a buttered baking dish, cover with half of the white sauce and ½ cup of grated cheese. Add the rest of the macaroni or rice, the cream sauce, and the cheese. Sprinkle buttered bread crumbs on top. Bake in a moderately hot oven (375° F.) for 25 minutes.

Mock cheese fondu

(Approximate yield: 6 servings)

5 slices bread, ½ inch thick
2 tablespoons butter
¾ cup milk
About 5 ounces, or 2½ cups, strong cheese sliced
1 egg
¼ teaspoon salt
¾ teaspoon paprika

Butter the bread, place one layer in a buttered baking dish, and cover it with thin slices of the cheese. Add another layer of bread, then a layer of cheese, alternating until all the bread and the cheese are used. Beat the egg slightly, add the salt and the milk, and pour this over the bread and cheese. Sprinkle with paprika. Bake in a moderate oven (350° F.) for 30 to 40 minutes.

Welsh rarebit

(Approximate yield: 6 servings)

2 tablespoons flour
1 teaspoon mustard
2 tablespoons butter
½ teaspoon salt
2 cups scalded milk
1 cup, or 3 ounces, grated strong cheese

Make a white sauce (page 9) of the flour, the mustard, the butter, and the milk. Add the salt, the cheese, and the beaten eggs. Stir all together in a double-boiler until the mixture is smooth and creamy. Cooking over direct heat makes the cheese stringy. Serve the rarebit on hot toast.

Other main dishes

Corn pudding

(Approximate yield: 4 servings)

1 egg, beaten
1 cup corn
1½ cups milk
1 tablespoon butter, melted
Paprika
½ teaspoon salt
½ cup bread crumbs
2 tablespoons grated cheese
1 teaspoon scraped onion

Combine the ingredients in the order given. Pour the mixture into a buttered baking dish, placed in a pan of hot water. Bake the mixture in a moderately hot oven (375° F.) until firm, or for about 1 hour.

Cottage-cheese casserole

(Approximate yield: 6 servings)

¾ cup medium white sauce (page 9)
3 eggs
2 cups cottage cheese
½ teaspoon salt

Add the white sauce to the well-beaten eggs. Add the salt, and stir in the cottage cheese. Turn the mixture into a buttered casserole placed in a pan of hot water, and bake in a moderate oven (350° F.) for 45 to 60 minutes.

Macaroni and cottage cheese casserole

(Approximate yield: 8 servings)

3 tablespoons butter
4 tablespoons flour
¾ cup whole canned tomatoes
1½ cups cooked macaroni (½ cup uncooked)
2½ cups cottage cheese
1 teaspoon chopped onion
½ teaspoon salt
2 tablespoons bread crumbs combined with
½ teaspoon melted butter

Melt the fat. Add the flour and stir to a smooth paste. Gradually add the tomatoes and cook, stirring constantly, until a well-blended, smooth sauce is obtained. Add this mixture to the cooked macaroni, the cottage cheese, the onion, and the salt. Mix well. Turn the mixture into a greased medium-sized casserole and sprinkle buttered bread crumbs on top. Bake the mixture in a moderate oven (350° F.) for 30 minutes.

Salad dressing

Cheese salad dressing

(Approximate yield: 1½ cups)

1 teaspoon mustard
1 teaspoon salt
2 teaspoons sugar
1 tablespoon flour
¼ teaspoon paprika
1 cup cold milk
1 egg
¼ cup vinegar
⅔ cup, or 2 ounces, grated cheese

Mix the mustard, the salt, the sugar, the flour, and the paprika, and make into a smooth paste with a little of the milk. Scald the remaining milk (page 9). Add the paste to the hot milk, stirring constantly, and cook the mixture until thickened. Beat the egg slightly, stir a little of the hot mixture into the slightly beaten egg, then combine the two mixtures and stir well. Add the vinegar, and, while stirring, slowly bring the mixture to the boiling point. Remove it from the heat at once. Add the grated cheese, and stir until it is melted and the mixture is smooth.

Cereals cooked with milk

Cornmeal mush

(Approximate yield: 3½ cups or 6 servings)

3 cups milk
1 teaspoon salt
½ cup cornmeal

Heat the milk in a double-boiler. Add the salt and the cereal. Cook the mixture directly over heat, stirring occasionally until the mush thickens (5 to 10 minutes), then cover and cook it over water for 30 minutes.

Creamy rice

(Approximate yield: 3 cups or 6 servings)

4 cups milk
1 cup water
½ cup rice, washed
1 teaspoon salt
1 tablespoon sugar

To the milk, placed in the upper part of a double-boiler, add the water and the salt and bring to a boil directly over heat. Add the rice slowly. Boil this mixture directly over heat for 30 minutes, stirring occasionally.

Then place it over hot water, and cook from 1 to 1¼ hours, stirring occasionally, until it is as thick as desired. Add the sugar. This rice may be used to make creamy rice pudding (page 39).

Oatmeal mush

(Approximate yield: 6 servings)

3⅔ cups milk 1 cup oatmeal

1 teaspoon salt

Heat the milk in a double-boiler. Add the salt and the cereal. Cook the mixture directly over heat, stirring constantly until the mush thickens (about 10 minutes), then cover and cook it over water for 45 minutes.

Hot breads, cakes, and cookies

Success in the making of baked foods depends to a considerable extent upon the accurate measurement of ingredients and the accurate knowledge concerning them.

Measurements

All measurements are level. This means that the contents of teaspoons, tablespoons, and cups are leveled by drawing a knife edge across the top of the container. The container is never tapped or shaken. Measurements by cups are made by means of a standard measuring cup. Standard ¼-, ⅓-, and ½-cup measures are also obtainable.

To measure

Baking powder: Dip the spoon into the unstirred can of powder.

Cereal: Spoon it into the cup.

Cheese: Spoon grated cheese into the cup; force cottage cheese through a strainer, then pack it down firmly into the cup.

Fat, solid: If part of a cup of fat, such as butter or lard is to be measured, fill the cup with water, then pour out an amount equal to the amount of fat to be measured. Then put fat into the cup until the water again reaches the one-cup level. Pour off the water, and the needed fat remains.

Flour: Sift once, then spoon it gently into the cup.

Baking powder

The three types of baking powder on the market are alum, also called *alum-phosphate, S. A. S.*, or combination; phosphate; and tartrate. Unfortunately for the homemaker, a teaspoon of one type of baking powder cannot be substituted for one teaspoon of another to produce the same results in most baked products. For this reason, whenever necessary, dif-

ferent amounts of the three types are given in the recipes in this bulletin, and the type one uses can be determined by reading the can label, as follows:

Alum: the word *alum* or *aluminum* appears usually with the word *phosphate.*

Phosphate: the word *phosphate* appears, but NOT the words *alum* or *aluminum.*

Tartrate: the words *tartar, tartaric,* or *tartrate* appear, but NOT the words *alum* or *phosphate.*

Too much baking powder makes a baked product bitter; it may make a cake dry, crumbly, and coarse, and may even cause it to fall; it may make a cookie brown too readily and be too tender. Too little baking powder may make cakes and cookies too compact and pale.

Flour

Either all-purpose or bread flour may be used in the recipes in this bulletin. If pastry flour is used instead, two tablespoons more should be added for each cup of flour called for in the recipe.

Milk

The word *milk* in the recipes refers to whole sweet milk. Evaporated or dried milk may be substituted if diluted according to the directions on the can or package. If a recipe calls for buttermilk, sour milk or clabber may be substituted. If neither buttermilk nor sour milk is available, sweet milk with vinegar or lemon juice may be used instead. For every cup of buttermilk called for in the recipe, pour 4 teaspoons of vinegar or lemon juice into the cup and then fill the cup to the top with milk. The flavor is different because the acid is not the lactic acid of the sour milk, but instead the acetic acid of vinegar or the citric acid of lemon juice. To many persons, the difference in flavor is not noticeable; the texture will be as good as if sour milk had been used.

Soda

In products made with acid materials such as sour milk, buttermilk, or molasses, soda is used in place of part or all of the baking powder. The soda reacts with the acid to give off carbon-dioxide gas that leavens the product. Some recipes state that the soda should be mixed with sour milk, molasses, or hot water before combining with the other ingredients. This is poor practice since the gas is given off as soon as the soda and acid come together, and therefore the gas cannot be used to help make the product rise. If the soda is not very well mixed with the other ingredients, the product will contain brown spots. For this reason, the dry ingredients in those recipes which call for soda must be especially well mixed and

sifted together unless the entire mixture is to be beaten later with an egg beater. Some recipes call for mixing the soda with a small amount of water to insure its mixing well; but, if this is done, the water should be cold.

Too much soda will make a baked product bitter and may also cause it to taste like soap; if the product is light-colored, too much soda may make it quite yellow. It is advisable, therefore, to use too little soda rather than too much. For well-soured milk, ½ teaspoon of soda may be used for each cup of the milk; for slightly-soured milk, only from ⅛ to ¼ teaspoon of soda for each cup; and for molasses, ¾ teaspoon of soda for each cup. One-half teaspoon of soda when used with enough acid material to react with it will leaven a product about as much as will 2 teaspoons of baking powder.

Hot breads

Buttermilk waffles

(Approximate yield: 6 waffles)

- 2 eggs
- ½ cup softened fat
- 2⅔ cups buttermilk
- 2½ cups pastry flour (see page 23)
- 2 teaspoons sugar
- ½ teaspoon salt
- 1 teaspoon soda

Choose a bowl large enough to hold the entire mixture. Beat the whole eggs until foamy (about 25 strokes with a rotary egg beater). Add the softened fat and beat 25 strokes more. Add the milk and beat an additional 4 or 5 strokes. Remove the egg beater. Sift the dry ingredients together and add them all at one time to the liquid ingredients. Stir with a spoon until the flour is just dampened throughout. The mixture will not be smooth. Cook on a hot waffle iron.

Steamed brown bread

(Approximate yield: 1 cylindrical loaf, 6 inches high and 5 inches in diameter)

- 2 cups whole wheat flour
- 1 cup cornmeal
- 1½ teaspoons soda
- 1½ teaspoons salt
- 2 cups buttermilk
- ¾ cup molasses
- 1 cup seeded raisins

Sift the flour, the cornmeal, the soda, and the salt together, mixing thoroughly. Combine the milk and the molasses and add this to the dry ingredients. Mix well, then beat the mixture with a spoon about 40 to 50

strokes. Add the raisins and mix again. Pour the mixture into a greased mold, cover, and steam for 2 hours.

Cheese biscuits

(Approximate yield: 24 small biscuits, 2 inches in diameter)

Sour-milk biscuits

3 cups all-purpose flour
2½ teaspoons alum-phosphate baking powder
or
3 teaspoons phosphate baking powder
or
5 teaspoons tartrate baking powder
1½ teaspoons salt
¼ teaspoon soda
⅓ cup solid fat
⅔ cup, or 2 ounces, strong grated cheese
⅞ cup sour milk or buttermilk

Sweet-milk biscuits

3 cups all-purpose flour
3½ teaspoons alum-phosphate baking powder
or
4½ teaspoons phosphate baking powder
or
6 teaspoons tartrate baking powder
1½ teaspoons salt
⅓ cup fat
⅔ cup, or 2 ounces, strong grated cheese
⅞ cup sweet milk

Mix and sift the dry ingredients together. Work in the fat with the fingers, knives, or a pastry blender until the mixture is like very coarse meal. Stir in the cheese. Add the milk and stir vigorously for 20 seconds. Toss the dough on a floured board and knead for 20 seconds. Roll or pat the dough until it is ½ inch thick and then cut out the biscuits. Bake the biscuits in a very hot oven (450° F.) for 13 to 15 minutes.

Cheese crisps

(Approximate yield: 48 crackers, 2 inches in diameter)

⅞ cup all-purpose flour (page 23)
½ teaspoon salt
⅛ teaspoon pepper
Dash nutmeg
¼ cup lard
1¼ cups, or 4 ounces, strong grated cheese

Mix and sift the dry ingredients together. Work in the fat with the fingers, knives, or a pastry blender. Stir in the cheese. Add the milk and stir the mixture vigorously for 20 seconds. Place the dough on a floured board and roll it out until it is ⅛ inch thick. Cut it with a cookie cutter. Bake the pieces on a greased cookie sheet in a hot oven (400° F.) for 10 minutes.

Cheese pinwheels

(Approximate yield: 1 dozen pinwheels, 2½ inches in diameter)

1½ cups all-purpose flour (page 23)
1½ teaspoons alum-phosphate baking powder
or
2¼ teaspoons phosphate baking powder
or
3 teaspoons tartrate baking powder
½ teaspoon salt
4 tablespoons solid fat
½ cup, minus 1 tablespoon, milk
1½ tablespoons softened butter
⅔ cup, or 2 ounces, strong grated cheese

Mix and sift the dry ingredients together. Work in the solid fat with the fingers, knives, or a pastry blender. Add the milk and stir the mixture vigorously for 20 seconds. Place the dough on a floured board and roll it into a rectangular sheet about ¼ inch thick. Spread the dough with the softened butter and the grated cheese, roll it like a jelly roll, cut it in slices 1 inch thick, and then place each slice in a greased muffin tin. Bake the pinwheels in a hot oven (425° F.) for 12 to 15 minutes.

Gingerbread

See page 32.

Buttermilk johnny cake

(Approximate yield: 1 cake, 7¼ inches square and 2 inches thick)

1½ cups pastry flour (page 23)
1½ cups cornmeal
½ cup sugar
½ teaspoon soda
1½ teaspoons salt
1½ teaspoons alum-phosphate baking powder
or
2 teaspoons phosphate baking powder
or
3 teaspoons tartrate baking powder
1 egg
⅓ cup liquid or melted fat
1⅓ cups buttermilk

Sift the flour, the cornmeal, the sugar, the soda, the salt, and the baking powder together. Beat the egg and combine it with the fat and the milk. Add this mixture to the dry ingredients. Stir the mixture until smooth but do not beat. Bake it in a moderately hot oven (375° F.) for 35 to 40 minutes.

Spoon corn bread

(Approximate yield: 6 servings)

½ cup cornmeal
1¾ teaspoons salt
3 cups milk
2 tablespoons butter
1 teaspoon baking powder, any kind
2 eggs

Put the cornmeal and salt into a saucepan. Stir in 1½ cups of the milk. Cook this mixture until a thick mush is formed (about 5 minutes). Remove it from the stove, stir in the egg yolks, the butter, and the rest of the milk; then add the baking powder. Beat the egg whites until stiff and shiny, but not dry and dull, and fold them into the cornmeal mixture. Turn the mixture into a buttered baking dish. Bake it in a moderately slow oven (325° F.) until golden brown (about 45 minutes).

Muffins

If the accompanying directions for mixing muffins are followed, their surface will be slightly rounded and will have a pebbled appearance; the muffins will be light and the inside will contain fairly small holes of uniform size. If the muffins are stirred or beaten more than directed, knobs or peaks will appear on top, they will be a little heavy and the inside will contain long, narrow, tunnel-like holes. If the muffins are not beaten sufficiently, the texture will be very coarse, but there will be no tunnels.

Directions for mixing muffins

1. Have all of the ingredients at room temperature.
2. Sift the flour before measuring. Graham flour or cornmeal should be sifted before measuring, and the coarse particles that do not pass through the sifter should be put back into the sifted dry ingredients.
3. Measure and sift all of the dry ingredients, mixing thoroughly. Very thorough mixing at this point is necessary because the batter itself is to be stirred only slightly. Insufficient mixing of the dry ingredients may cause brown spots in the muffins owing to the unmixed soda. If the recipe calls for cheese or fruit, it should be mixed with the dry ingredients.
4. Beat the whole egg slightly and combine it with the milk and the liquid fat.
5. Pour the liquid ingredients into the dry mixture and stir until the flour is just dampened. The mixture will not be smooth. When coarse flour or meal is used, stir the mixture for about 10 seconds after the ingredients have been dampened.
6. Fill the greased muffin tins at once about ⅔ full. Place them in the oven within 15 minutes.
7. Bake in a moderately hot oven (375° F.) for about 25 minutes.

Cheese muffins

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

2 cups all-purpose flour (page 23)
3 tablespoons sugar
1 teaspoon salt
2 teaspoons alum-phosphate baking powder
or
2¾ teaspoons phosphate baking powder
or
4 teaspoons tartrate baking powder
1 cup, or 3 ounces, grated strong cheese
1 medium-sized egg
¼ cup melted or liquid fat
1 cup milk

Mix and bake according to the directions on page 27.

Cornmeal muffins using buttermilk

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

1¾ cups all-purpose flour (page 23)
1 cup cornmeal
3 tablespoons sugar
1½ teaspoons salt
½ teaspoon soda
1½ teaspoons alum-phosphate baking powder
or
2 teaspoons phosphate baking powder
or
3 teaspoons tartrate baking powder
1 medium-sized egg
1⅓ cups buttermilk

Mix and bake according to the directions on page 27.

Cornmeal muffins using sour cream

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

1½ cups all-purpose flour (page 23)
1 cup cornmeal
3 tablespoons sugar
1½ teaspoons salt
½ teaspoon soda
1 teaspoon alum-phosphate baking powder
or
1½ teaspoons phosphate baking powder
or
2 teaspoons tartrate baking powder
1 medium-sized egg
1¾ cups sour coffee cream (20 per cent)

Mix and bake according to the directions on page 27.

Muffins using buttermilk

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

2 cups all-purpose flour (page 23)
3 tablespoons sugar
1 teaspoon salt
½ teaspoon soda
1 teaspoon alum-phosphate baking powder
or
1½ teaspoons phosphate baking powder
or
2 teaspoons tartrate baking powder
1 medium-sized egg
4 tablespoons melted or liquid fat
1 cup buttermilk

Mix and bake according to the directions on page 27.

Muffins using sour cream

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

1¾ cups all-purpose flour (page 23)
3 tablespoons sugar
1 teaspoon salt
½ teaspoon soda
1 teaspoon alum-phosphate baking powder
or
1½ teaspoons phosphate baking powder
or
2 teaspoons tartrate baking powder
1 medium-sized egg
1¼ cups sour coffee cream (20 per cent)

Mix and bake according to the directions on page 27.

Wholewheat muffins using buttermilk

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

1 cup all-purpose flour (page 23)
1¼ cups whole-wheat flour
3 tablespoons sugar
1¼ teaspoons salt
½ teaspoon soda
1½ teaspoons alum-phosphate baking powder
or
1¾ teaspoons phosphate baking powder
or
2½ teaspoons tartrate baking powder
1 medium-sized egg
4 tablespoons melted or liquid fat
1¼ cups buttermilk

Mix and bake according to the directions on page 27.

Wholewheat muffins using sour cream

(Approximate yield: 1 dozen muffins, 2½ inches in diameter)

⅔ cup all-purpose flour (page 23)
1⅓ cups whole-wheat flour
3 tablespoons sugar
1¼ teaspoons salt
¾ teaspoon soda
1 teaspoon alum-phosphate baking powder
or
1½ teaspoons phosphate baking powder
or
2 teaspoons tartrate baking powder
1 medium-sized egg
1½ cups sour coffee cream (20 per cent)

Mix and bake according to the directions on page 27.

Cakes

Ingredients and measuring

See pages 22 to 24.

Temperature of ingredients

The best cakes are obtained by having all of the ingredients at room temperature rather than at the temperature of a refrigerator. At room temperature, the fat will be soft enough to beat easily, the eggs will whip to a greater volume than when cold, and the ingredients will blend to a better consistency of batter for baking.

Preparation of cake pans

A heavy piece of waxed paper should be cut to fit the bottom of the pan exactly. The paper should then be buttered; if the sides of the pan are left unbuttered, the cake will usually have a slightly greater volume. Butter is suggested because it adds flavor.

Directions for mixing cakes

Two methods of mixing cake ingredients are the *quick* and the *conventional.* The quick method requires a good rotary egg beater. After the ingredients are in readiness, the quick method requires about 4 minutes for mixing, whereas the conventional method requires from 15 to 20 minutes. If the quick method is used, the surface of the cake usually has a pebbly appearance; the volume is good but may not be quite so great as an experienced worker can obtain by the conventional method; the flavor, the texture, and the keeping quality of the cake are as good as those obtained by the conventional method.

Quick method: This is very satisfactory for the recipes given.

1. Have all of the ingredients at room temperature.
2. Measure the ingredients into the bowl in the order given.
3. Beat the batter with a rotary egg beater as directed.
4. Fill a buttered cake pan ⅔ full and bake as directed.

Conventional method: If this method is used for the accompanying recipes, reduce the amount of baking powder as follows: for each teaspoon of alum baking powder called for, use ⅛ teaspoon less; for each teaspoon of phosphate or tartrate baking powder called for, use ¼ teaspoon less.

1. Have all of the ingredients at room temperature.
2. Cream the fat with a wooden spoon until plastic and light.
3. Add the sugar to the fat, about 1 tablespoon at a time, beating after each addition until the mixture is fluffy.
4. Separate the eggs and add the yolks to the sugar and the fat, beating until smooth and well combined.
5. Measure and sift the remaining dry ingredients.
6. Add about ¼ of the mixed dry ingredients to the fat-sugar-egg mixture, stir this until the flour is dampened, then beat about 40 strokes with a wooden spoon.
7. Add the flavoring to the milk and add ⅓ of the liquid to the batter. Mix slightly with a few gentle strokes. Do not attempt to stir the liquid in completely.
8. Repeat the addition of flour and milk alternately, adding the flour last. Beat about 75 strokes with a wooden spoon after the last addition of flour.
9. Beat the egg whites until stiff and shiny but not dry.
10. Add the egg whites to the batter and stir the mixture quickly and gently until the whites are well combined. Beat about 50 strokes.
11. Fill a buttered cake pan ⅔ full and bake as directed.

Buttermilk cake

(Approximate yield: two 8- or 9-inch layers, or one loaf 8 inches square and 1½ inches high)

½ cup soft butter
2 eggs
¾ cup buttermilk
1 teaspoon vanilla
1 cup sugar
1¾ cups all-purpose flour (page 23)
1½ teaspoons alum-phosphate baking powder
or
2¼ teaspoons phosphate baking powder
or
3 teaspoons tartrate baking powder
¼ teaspoon soda
½ teaspoon salt

Have all of the ingredients at room temperature. Place them in a bowl in the order given and beat the mixture with a rotary egg beater for 275 to 300 strokes. Bake the layers in a moderate oven (350° F.) for about 30 minutes; bake a loaf for about 45 minutes.

Chocolate cake

(Approximate yield: three 8-inch layers, or a loaf 10 inches square and 3 inches high)

⅔ cup soft butter
3 medium-sized eggs
1¼ cups buttermilk
1 teaspoon vanilla
3 squares softened chocolate
or
½ cup cocoa
1½ cups sugar
2 cups all-purpose flour (page 23)
2 teaspoons alum-phosphate baking powder
or
2½ teaspoons phosphate baking powder
or
3 teaspoons tartrate baking powder
½ teaspoon soda
1 teaspoon salt

Place the ingredients in a bowl in the order given and beat them with a rotary egg beater for 200 strokes. Bake the batter in three 8-inch layer pans in a very moderate oven (325° F.) for about 30 minutes, or in a large loaf pan in a slow oven (300° F.) for about 60 minutes.

Gingerbread

(Approximate yield: a loaf, 8 inches by 8 inches by 2 inches)

⅓ cup softened fat
1 cup molasses
1 cup buttermilk
2½ tablespoons sugar
1¼ teaspoons soda
¾ teaspoon salt
1½ teaspoons ginger
2¼ cups all-purpose flour (page 23)

Have all of the ingredients at room temperature. Put them into a bowl in the order given. Beat 300 strokes with a rotary egg beater. Bake in a moderate oven (350° F.) for 45 minutes.

Sour cream cake

(Approximate yield: two 8- or 9-inch layers, or one loaf 8 inches square and 1½ inches high)

¼ cup soft butter
2 eggs
1 cup sour coffee cream (20 per cent)
1 teaspoon vanilla
1 cup sugar
1¾ cups all-purpose flour (page 23)
1¼ teaspoons alum-phosphate baking powder
or
1¾ teaspoons phosphate baking powder
or
2½ teaspoons tartrate baking powder
½ teaspoon soda
½ teaspoon salt

Follow the directions for buttermilk cake (page 31).

Spice cake

(Approximate yield: two 8- or 9-inch layers, or a loaf 8 inches square and 1½ inches high)

Use the buttermilk cake or sour-cream cake recipe, but in place of the vanilla add the following spices:

½ teaspoon cloves
½ teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon allspice
¼ teaspoon nutmeg

Cream filling for cake or cream puffs

(Approximate yield: 2 cups)

2 cups milk
⅓ cup flour
⅔ cup sugar
¼ teaspoon salt
2 eggs
½ teaspoon vanilla

Scald the milk (page 9) in a double-boiler. Mix the flour, the sugar, and the salt well, and pour the mixture slowly into the scalded milk, stirring constantly until thickened. Cover the mixture and cook it for 20 minutes, stirring occasionally. Beat the eggs slightly, pour over them some of the hot mixture, stirring constantly. Return the mixture to the double-boiler and cook for 1 minute, flavor, and cool. Chill the filling several hours before using.

Cheese cake

(Approximate yield: a loaf 7 inches square and 2 inches thick)

Base: ½ cup soft butter
⅜ cup sugar
1 egg, beaten
½ tablespoon lemon juice
1½ cups all-purpose flour (page 23)
1¼ teaspoons alum-phosphate baking powder
or
1½ teaspoons phosphate baking powder
or
2½ teaspoons tartrate baking powder

Place all of the ingredients in a bowl in the order given and blend them together with a wooden spoon, about 60 strokes, to make a soft dough. Spread about ⅔ of the dough in a cake pan, pressing it well into the corners. Place the remainder of the dough on a floured board and roll out. Cut it into strips and place them over the filling to obtain a latticed effect.

Filling: 2½ cups, or 1½ pounds, cottage cheese, strained
1 egg, beaten
½ cup all-purpose flour (page 23)
½ cup sugar
½ teaspoon salt
½ cup buttermilk
3 tablespoons lemon juice
2 tablespoons currants if desired

Add all of the ingredients to the cheese in the order given. Beat the mixture with a wooden spoon until smooth, about 50 strokes. Bake it in a moderate oven (350° F.) for 1 hour.

Cookies

Ingredients and measuring

See pages 22 to 24.

Storage of cookies

Cookies should be completely cold before they are stored. Crisp cookies will keep crisp if stored with other crisp cookies in a tightly covered can. Soft cookies will keep soft if stored with soft cookies in a tightly covered can. If crisp cookies and soft cookies are stored together, the crisp ones will soften and the soft ones will harden.

Directions for mixing cookies

1. Have all of the ingredients at room temperature.
2. Select a bowl large enough to hold all of the ingredients. Beat the eggs slightly and add the liquids and softened fat.
3. Measure, mix, and sift all of the dry ingredients into the liquids.
4. Add brown sugar if used. If the sugar is lumpy, first roll it with a rolling pin.
5. Stir the mixture until all of the ingredients are well blended, then beat it 40 to 60 strokes with a wooden spoon.
6. Add nut meats and mix thoroughly. Let the dough stand for 5 minutes.
7. Drop the dough from a spoon (except ice-box cookies) onto a greased baking sheet.
8. Bake the dough as directed.

Soft molasses cookies using buttermilk

(Approximate yield: from 36 to 40 cookies, 2½ inches in diameter)

- 3⅓ cups all-purpose flour (page 23)
- 1½ teaspoons soda
- 1 teaspoon salt
- 1½ to 2 teaspoons ginger
- ¾ cup buttermilk
- 1¼ cups molasses
- ⅔ cup soft or liquid fat

Bake the dough in a moderately slow oven (325° F.) for 15 minutes.

Soft molasses cookies using sour cream

(Approximate yield: 28 cookies, about 3 inches in diameter)

- 2½ cups all-purpose flour (page 23)
- 1 teaspoon soda
- 1 teaspoon salt
- 1½ teaspoons ginger
- ¾ cup brown sugar
- ¾ cup sour cream
- ¾ cup soft fat
- 2 eggs
- ¾ cup molasses

Bake the dough in a moderate oven (350° F.) for 15 minutes.

Soft sour-cream cookies

(Approximate yield: 36 cookies, 2½ inches in diameter)

2 cups all-purpose flour (page 23)
¾ cup sugar
½ teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
½ teaspoon vanilla
¼ teaspoon nutmeg
1 egg
½ cup soft or liquid fat
⅔ cup coffee cream (20 per cent)

Bake the dough in a moderate oven (350° F.) for 15 minutes.

Spice cookies using buttermilk

(Approximate yield: from 30 to 36 cookies, about 2 inches in diameter)

½ cup soft fat
½ cup sugar
1 egg
2 cups all-purpose flour (page 23)
½ teaspoon soda
¼ teaspoon salt
½ teaspoon cloves
¼ teaspoon nutmeg
1 teaspoon cinnamon
½ cup buttermilk
½ cup molasses
1 cup chopped nuts

Bake the dough in a moderately slow oven (325° F.) for 15 minutes.

Sugar cookies using sour cream

(Approximate yield: 80 cookies, about 1¾ inches in diameter)

¼ cup sugar
⅔ cup soft butter
1 egg
⅓ cup heavy sour cream (40 per cent)
2 cups all-purpose flour (page 23)
½ teaspoon baking powder (any kind)
¼ teaspoon soda
¼ teaspoon salt
¼ teaspoon nutmeg

Put the dough into a covered dish or wrap it in waxed paper and chill in the refrigerator over night. Then either slice or roll it thin, cut it out, and place on a cookie sheet. Bake the dough in a moderate oven (350° F.) for 12 minutes.

This dough may be kept a week or more in a refrigerator if well covered.

Custards

Directions for making custards

Baked custard

Beat the eggs slightly, add the milk, the sugar, the salt, and the flavoring, and mix well. If the milk is scalded (page 9) before it is added to the eggs, the cooking time will be appreciably shortened. Strain the mixing, and mix well. If the milk is scalded (page 9) before it is added to

bake the custard in a slow oven (300° F.) for 30 to 40 minutes, or until a cold, wet knife inserted in the center of the custard comes out clean. Custard baked in a large dish will cook more evenly if a knife is run between the side of the dish and the custard after 20 to 25 minutes of baking. Bake custard in a large dish for about 1 hour. Allow the custard to cool before serving. If custards are baked at too high a temperature or baked too long, a thin liquid separates from the curd, which is tough and flavorless, for much of the flavoring and sugar are in the liquid.

Soft cooked custard

Beat the eggs slightly. Add the milk, the sugar, and the salt, and mix well. If the milk is scalded (page 9) before it is added to the eggs, the cooking time will be appreciably shortened. Strain the custard into the top of a double-boiler, and cook it over gently boiling water. Stir constantly, preferably with a wooden spoon, until the mixture coats the spoon (185° F.). Remove the custard from the heat immediately and either set the pan in a pan of cold water, or pour the custard into a cold dish. Custard cooked too long or too quickly curdles. The product may be smoothed somewhat by beating with a Dover egg beater, but will be thin. Add the flavoring, and allow the custard to cool.

Plain custard

(Approximate yield: 6 servings)

3 large or 4 small eggs
3 cups milk
⅓ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla
or
⅛ teaspoon nutmeg

Cook as directed above.

Egg-yolk custard

Substitute 3 egg yolks for each whole egg in the plain custard and cook by either method.

Caramel custard

(Approximate yield: 6 servings)

3 cups scalded milk (page 9)
1 cup sugar
⅛ teaspoon salt
3 large or 4 small eggs
½ teaspoon vanilla

Caramelize ¾ cup of the sugar by putting it into an iron skillet or a heavy aluminum frying pan and stirring constantly over medium heat until it melts. Heat the sugar until it is a light golden-brown color. Dissolve the caramelized sugar in the scalded milk (page 9). Bake as directed on page 35.

Coffee custard

(Approximate yield: 6 servings)

3 cups scalded milk
3 tablespoons finely ground coffee
3 eggs
⅜ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla

Use scalded milk (page 9) in which coffee, tied in a cheesecloth, has been left for 5 to 10 minutes. Or ½ cup of coffee infusion may be substituted for ½ cup of milk. Bake as directed on page 35.

Cottage-cheese custard

(Approximate yield: 7 servings)

3 well-beaten eggs
⅓ cup sugar
1½ cups cottage cheese, strained
1½ cups milk
¼ teaspoon salt
¼ teaspoon vanilla

Combine the ingredients in the order given. Turn the mixture into buttered custard cups, place them in a pan of hot water, and bake in a moderately slow oven (325° F.) for 1¼ to 1½ hours. Serve cold.

Rice custard

(Approximate yield: 8 servings)

1 cup boiled or creamy rice (page 21)
3 cups milk
3 eggs
⅓ cup sugar
½ teaspoon salt
¼ teaspoon vanilla
or
⅛ teaspoon nutmeg

Heat the cooked rice in the milk for 15 minutes. Beat the eggs slightly, add the sugar, the salt, and the flavoring. Pour the hot milk and rice mixture into the eggs, stirring constantly. Bake the mixture in a buttered baking dish in a slow oven (300° F.) for about 1 hour. Stir the custard twice during the first half-hour of baking. Serve hot or cold.

Frozen custard

See page 48.

Gelatin desserts, and puddings

Fruit sponge

(Approximate yield: 6 servings)

1½ tablespoons gelatin
⅓ cup cold water
2 cups buttermilk
½ cup sugar
1 cup canned crushed pineapple
1 tablespoon lemon juice
2 egg whites

Soak the gelatin in cold water until soft, then dissolve it by placing the dish in a pan of boiling water. Remove the dish from the heat, and add the milk gradually to the gelatin, stirring constantly. Add the sugar. Set the gelatin in a cold place. When the mixture is well thickened but not set, beat it well with an egg beater until it is white and foamy. Add the fruit and fruit juice and fold them into the well-beaten egg whites. Turn the mixture into a mold that has been rinsed with cold water, and allow it to chill.

Variations:

For the crushed pineapple and lemon juice substitute:

1½ cups fresh crushed strawberries. Add more sugar only if the berries are very tart.

Or 3 large, sieved bananas and 1 tablespoon lemon juice.

Bavarian cream

(Approximate yield: 6 servings)

2 tablespoons water
½ tablespoon gelatin
¼ cup sugar*
½ cup fruit juice
1 tablespoon lemon juice
½ cup fruit pulp, canned or fresh
¼ cup milk
¾ cup heavy cream, sweet or sour (40 per cent)

*When using fresh fruit, use two additional tablespoons sugar.

Soak the gelatin in the cold water until soft. Then dissolve it by placing the dish in a pan of hot water. Add the sugar to the gelatin and stir until dissolved. Add the fruit juice and the lemon juice. Set the gelatin in a cool place. When the mixture is well thickened but not set, beat it until it is white and foamy. Fold in the fruit pulp. Let the mixture stand while the milk and cream are beaten together. Fold the cream into the gelatin mixture. Pour this mixture into a mold rinsed first with cold water. Let it stand at room temperature for about 10 minutes, then cover, and place in the refrigerator until time to serve. Serve with light cream.

Bavarian cheese cream

(Approximate yield: 10 servings)

4 teaspoons gelatin
⅓ cup cold water
2 egg yolks, slightly beaten
⅓ cup sugar
⅓ cup milk
½ teaspoon salt
1⅓ cups, or ¾ pound, cottage cheese, strained
4 teaspoons lemon juice
2 teaspoons lemon rind
½ teaspoon vanilla
⅔ cup heavy cream (40 per cent)
2 egg whites

Soak the gelatin in cold water. Make a soft custard (page 36) of the egg yolks, the sugar, the milk, and the salt. Remove the custard from the heat and add the soaked gelatin, stirring until dissolved. Add the cottage cheese, the lemon juice, the rind, and the vanilla, and stir until all is thoroughly mixed. Fold in the beaten cream and then the egg whites beaten until stiff and shiny but not dry.

Topping

12 slices zwiebach, rolled fine
4 teaspoons sugar
¾ teaspoon cinnamon
⅓ cup melted butter

Combine the zwiebach crumbs, the sugar, the cinnamon, and the melted butter. Place a layer of crumbs on the bottom of a shallow dish or pan, and add the cheese mixture. Sprinkle the top with the remaining crumbs and chill in the refrigerator until set.

Creamy rice pudding

(Approximate yield: 6 servings of ⅓ cup each)

2 cups hot creamy rice (page 21)
⅓ cup sugar
1 teaspoon gelatin
2 tablespoons cold water
¼ teaspoon vanilla
⅔ cup heavy cream (40 per cent)
½ cup milk

Dissolve the sugar in the hot creamy rice. Soak the gelatin in the cold water. Dissolve the gelatin over hot water and then add it to the hot rice. Cool. Add the milk. Whip the cream, add the vanilla, and combine thoroughly with the rice mixture. Pour the mixture into molds that have been rinsed in cold water, and allow it to chill.

Tapioca cream

(Approximate yield: 8 servings)

⅓ cup minute tapioca
or
⅓ cup pearl tapioca soaked over night
4 cups milk
⅔ cup sugar
3 eggs
½ teaspoon salt
½ teaspoon vanilla

Soak pearl tapioca in 1 cup of cold water for at least 12 hours. Minute tapioca does not need soaking. Scald the milk (page 9) in the top of a double-boiler and add the tapioca and ⅓ cup of sugar to it. Cook the mixture until the tapioca is transparent (about 1½ hours), stirring occasionally. Beat the egg yolks and add to them the rest of the sugar and the salt. Pour a little of the hot mixture into the egg mixture and mix

thoroughly. Return all to the top of a double-boiler and cook until thick, for about 5 minutes. Remove the mixture from the fire. Beat the egg whites until stiff and shiny and fold them into the hot mixture. Add the vanilla, and let the mixture cool.

Vanilla mold

(Approximate yield: 6 servings)

4 cups milk
⅓ cup sugar
6 tablespoons cornstarch
or
⅔ cup all-purpose flour (page 23)
⅔ cup all-purpose flour
½ teaspoon salt
1 teaspoon vanilla

Scald the milk in a double-boiler (page 9). Mix the sugar, the cornstarch or flour, and the salt. Pour the mixture gradually into the scalded milk. Stir constantly until the mixture thickens, and occasionally afterward. Cook the mixture for 35 minutes. Add the vanilla, pour the mixture into a mold that has been rinsed in cold water, and let it cool. Serve with cream, soft custard (page 36), preserved fruit, or chocolate sauce.

Chocolate sauce

½ cup hot medium white sauce (page 9)
3 ounces chocolate, cut in small pieces
1 cup sugar
½ cup milk
½ teaspoon vanilla

Add the chocolate to the hot white sauce and mix all thoroughly. Stir in the sugar, then add the milk. Bring the mixture to a boil. Let the sauce cool and then add the vanilla.

Chocolate pudding

(Approximate yield: 6 servings)

4 cups milk
4 tablespoons cornstarch
¾ cup sugar
¼ teaspoon salt
3 ounces (squares) chocolate
or
6 tablespoons cocoa
¾ teaspoon vanilla

Scald the milk in a double-boiler (page 9). Thoroughly mix the cornstarch, the sugar, the salt, and the cocoa (if used). Pour the mixed dry ingredients slowly into the milk, stirring constantly until the mixture thickens; then cook it for 20 minutes, stirring frequently. Add the chocolate (if used) cut into small pieces. Stir the mixture until the chocolate is melted and thoroughly blended. Add the vanilla and cool the mixture.

If the pudding is to be molded, pour it into a mold that has been rinsed in cold water, then chill the pudding in the refrigerator.

Lemon pudding

(Approximate yield: 6 servings of ½ cup each)

⅓ cup water
1¼ cups sugar
½ cup flour
2 cups buttermilk
3 egg yolks
¼ cup lemon juice
1½ teaspoons grated lemon rind
1½ tablespoons butter

Bring the water to a boil in the top of a double-boiler over a direct flame. Add the sugar and the flour which have been well mixed. Bring the mixture to a boil, stirring constantly; then place it over boiling water. Add the buttermilk slowly. Cook, stirring constantly, for 10 minutes longer. The mixture will thicken. Pour some of the hot mixture into the slightly beaten egg yolks. Return all to the top of the double-boiler and cook for 2 minutes. Add the lemon juice, rind, and butter. Pour the pudding into a big dish or individual dishes to cool. The pudding is soft and will not mold. Serve with or without a meringue made of the egg whites left. For meringue, add 4 tablespoons of sugar and ⅛ teaspoon of salt to 3 egg whites when they have been beaten to the foamy stage; then beat the eggs again until they hold their peaks. This pudding may also be used as lemon filling for pie if the flour is increased by 1 tablespoonful.

Butterscotch pudding

(Approximate yield: 6 servings)

2½ cups milk
1½ cups brown sugar (packed)
½ cup all-purpose flour (page 23)
¾ teaspoon salt
3 egg yolks or 2 eggs
¼ cup butter
1 teaspoon vanilla

Scald the milk in the top of a double-boiler. Mix thoroughly ¾ cup of the brown sugar, the flour, and the salt. Pour slowly some of the scalded milk into the above mixture, stirring well. Return the mixture to the double-boiler, stirring constantly until thick and smooth, then cook for 20 minutes in a covered double-boiler. Stir occasionally. Mix the remaining ¾ cup of brown sugar with the slightly beaten egg yolks. Stir in about ¼ of the hot mixture, then return the entire mixture to the double-boiler. Cook for 2 to 3 minutes longer, stirring constantly. Add the butter and vanilla and mix well. Cover with a meringue (lemon pudding, above) and brown delicately in a slow oven (300° F.) for 15 to 20 minutes. This pudding may also be used as a butterscotch filling for pie.

Cottage-cheese pudding

(Approximate yield: 6 servings of ½ cup each)

2 eggs
2 cups cottage cheese
⅔ cup milk
⅓ cup sugar
1 tablespoon lemon juice
½ teaspoon grated lemon rind

Beat the eggs slightly and combine them with all the other ingredients until well blended. Pour the mixture into a medium-sized greased casserole, and place it in a pan of hot water. Bake the pudding in a slow oven (300° F.) for about 1 hour, 10 minutes. Serve cold.

Cottage-cheese prune pudding

(Approximate yield: 8 servings)

⅔ cup sugar
1 tablespoon all-purpose flour (page 23)
½ teaspoon salt
1 cup milk
4 eggs
1 teaspoon grated lemon rind
1 tablespoon lemon juice
2 cups strained cottage cheese
1 cup sliced uncooked prunes

Heat the milk in the top of a double-boiler. Mix the dry ingredients and add them to the milk, stirring until thick. Add a little of the hot mixture to the beaten eggs, then pour it back into the mixture in the double-boiler. Mix all well, add the lemon juice and rind, the cottage cheese, and the prunes. Pour the mixture into a baking dish or individual dishes placed in a pan of hot water. Bake the pudding in a slow oven (300° F.) for 25 to 30 minutes, until the custard is set. Serve cold.

Bread pudding

(Approximate yield: 8 servings)

4 cups milk
3 cups soft bread cut in small pieces
or
1½ cups dry, rolled bread crumbs
2 tablespoons butter
2 eggs
½ cup sugar
½ teaspoon salt
¼ teaspoon nutmeg
or
½ teaspoon vanilla
1 cup raisins, if desired

Scald the milk (page 9). Add the bread and the butter, and let the mixture stand for about 20 minutes. Beat the eggs, the sugar, the salt, and the flavoring together, and add to the bread mixture. Add the raisins. Pour the pudding into a buttered baking dish and bake in a moderately slow oven (325° F.) for about 1 hour.

Molasses bread pudding

(Approximate yield: 8 servings)

4 cups milk
5 slices of bread, ½ inch thick
2 tablespoons butter
¾ cup molasses

Butter the bread, cut it into cubes, and place it in a buttered baking dish. Mix the milk and molasses and pour the mixture over the bread, allowing it to soak for 1 hour. Then bake the pudding in a moderate oven (350° F.) for 1 hour, stirring three times in the first half-hour.

Indian pudding

(Approximate yield: 8 servings)

4 cups milk
⅓ cup cornmeal
1 cup molasses

Scald the milk in a double-boiler (page 9). Add the cornmeal slowly, stirring constantly, and cook it over water for 20 minutes. Stir in the molasses. Pour the mixture into a buttered baking dish. Bake for 2 hours in a moderate oven (350° F.). Serve with top milk.

Ice creams and sherbets

Ice creams made from the accompanying recipes should be frozen in an ice cream freezer by the use of ice and salt. These recipes are not suitable for use with a mechanical refrigerator, unless it is one of the most recent types equipped with a mechanical freezer which has a dasher run by a motor that can be attached to an outside light socket. For ice creams to be frozen in other mechanical refrigerators, recipes will be found in booklets that come with the refrigerator, or on boxes containing commercial mixes now on the market. Ice creams made in these refrigerators will lack the lightness of ice cream frozen in a container with a dasher because air is not incorporated during the freezing process to produce "swell" or "overrun."

Ingredients

Sweet or sour cream, milk, condensed milk, and buttermilk aid in producing a rich, smooth ice cream, serving as a medium in which sugar and gelatin (if used) can be dissolved. If a very rich product is desired, some of the milk in the recipe may be replaced by cream, but too much cream will give a product that sticks unpleasantly to the roof of the mouth.

Sugar sweetens the ice cream, but lowers its freezing point. Too much sugar causes the ice cream to stiffen with difficulty. Many persons like the flavor obtained when honey is used in place of part or all of the cane

sugar. Three-quarters of a cup of honey may be substituted for 1 cup of sugar, and vanilla should be omitted.

Eggs aid in producing a rich smooth ice cream, and in giving a larger volume. If egg yolks as well as whites are used, color is given to the product.

Gelatin and flour aid in preventing the formation of large ice crystals and in producing a smooth ice cream that melts less rapidly than one made without these ingredients. Too much gelatin or flour gives a product that sticks unpleasantly to the roof of the mouth and that will not melt satisfactorily. If the gelatin is heated, its jellying power is decreased. If the flour is not well-cooked, the taste of raw flour will be noticeable in the ice cream.

Flavors

Vanilla and honey should not be used together since the flavor produced is not pleasant. Honey blends well with cherry, peach, mint, and pineapple, but not with strawberry flavor. Chocolate covers up the honey flavor. Clover and alfalfa honeys give a flavor liked by most persons. Vanilla used with strawberries detracts from the berry flavor, but used with raspberries improves the flavor.

Aging the mix

If the ice-cream mix is made 3 to 24 hours before freezing and is kept cold during this period, the ice cream may be smoother and the yield greater than if the mix is frozen immediately. Sherbets in which fresh-fruit juice is used should not be allowed to stand before freezing because flavor and vitamin C is lost.

Freezing the mix

1. Place the mixture to be frozen in a cold but freshly scalded container. The container should not be more than ⅔ full so the mix can swell during freezing.

2. Fit all parts of the freezer together and place it in a large pan or in the sink, as salt water may be spilled.

3. Measure the ice-cream salt and the chopped ice in the proportion of 1 measure of salt to 8 measures of finely chopped ice. About 4 quarts of chopped ice and 2 cups of coarse salt are needed for a two-quart container.

4. Fill the freezer about ⅓ full with ice, then add salt and ice alternately until the freezer is full, keeping them in the proper proportion.

5. Add 1 cup of water to the freezer and start turning the crank immediately. Turn it slowly at first, for too fast turning at the beginning may

result in the formation of large ice crystals. Gradually increase the speed of turning.

6. When the mixture begins to stiffen, turn the crank rapidly so that the ice cream will be fine-grained.

7. As the mixture stiffens, the crank of the freezer will turn with difficulty. Stop turning when the mixture is of the consistency of soft mush.

Packing the ice cream or sherbet

1. Wipe the top of the freezer, remove the dasher, cover the container with a piece of waxed paper, and replace the stoppered lid. Take care not to remove the container from its position in the bed of ice.

2. Drain off the excess water, repack the freezer with an ice and salt mixture in the proportion of 1 measure of salt to 8 measures of ice.

3. Allow the mixture to ripen for 2 to 3 hours before serving.

Ice creams

Apricot ice cream

(Approximate yield: 2 quarts)

1 pound dried apricots which will yield 2 cups pulp
1½ cups juice (water in which apricots were soaked and cooked)
1 cup sugar
⅛ teaspoon salt
¼ cup milk
¾ cup heavy sour cream (40 per cent)

Soak the apricots overnight in 5 cups of water to which the sugar and the salt have been added. In the morning cook the fruit until tender, for 10 minutes or less. Put it through a strainer. Cool, and freeze as directed on page 44. Mix the milk and the sour cream and beat until stiff. Add this to the mixture when it begins to freeze.

Chocolate ice cream

(Approximate yield: 1⅔ quarts)

2½ cups milk
2 ounces (2 squares) chocolate
or
6 tablespoons cocoa
1 cup sugar
¼ teaspoon salt
2 teaspoons gelatin soaked in 2 tablespoons cold water
1½ cups heavy cream (40 per cent)
1 egg, beaten slightly
1½ teaspoons vanilla

Scald ½ cup of the milk (page 9). Add the cocoa or chocolate cut into small pieces and stir until the mixture is smooth and thick. Remove it

from the heat. In this mixture completely dissolve the sugar, the salt, and the soaked gelatin. Cool the mixture. Add the remainder of the milk, the unbeaten cream, the egg beaten until foamy but not stiff, and the vanilla. Chill. Freeze as directed on page 44.

Coffee ice cream

(Approximate yield: 1⅔ quarts)

2 cups milk
½ cup hot strong coffee
¾ cup sugar
¼ teaspoon salt
2½ teaspoons gelatin soaked in 3 tablespoons cold water
1½ cups heavy cream (40 per cent)
2 egg whites
or
1 egg
½ teaspoon vanilla

In the hot coffee, completely dissolve the sugar, the salt, and the soaked gelatin. Cool the mixture. Add the milk, the unbeaten cream, the egg beaten until foamy but not stiff, and the vanilla. Chill. Freeze as directed on page 44.

Philadelphia ice cream

(Approximate yield: ⅔ quart)

¾ cup milk
¾ cup heavy cream (40 per cent)
⅓ cup sugar
½ teaspoon vanilla
⅛ teaspoon salt

Add the sugar, the salt, and the flavoring to the milk and cream mixture. Stir until the sugar is completely dissolved. Freeze as directed on page 44.

Vanilla ice cream I

(Approximate yield: 1⅔ quarts)

2½ cups milk
¾ cup sugar
¼ teaspoon salt
2½ teaspoons gelatin soaked in 3 tablespoons cold water
1½ cups heavy cream (40 per cent)
2 egg whites
or
1 egg
1½ teaspoons vanilla

Scald 1 cup of milk (page 9); in it completely dissolve the sugar, the salt, and the soaked gelatin. Cool the mixture. Add the remainder of the milk, the unbeaten cream, the egg beaten until foamy but not stiff, and the vanilla. Chill the mixture. Freeze as directed on page 44.

Vanilla ice cream II

(Approximate yield: 1⅔ quarts)

2½ cups milk
2½ tablespoons flour
¾ cup sugar
¼ teaspoon salt
1½ cups heavy cream (40 per cent)
2 egg whites
or
1 egg
1½ teaspoons vanilla

Scald the milk (page 9). Add the flour, the sugar, and the salt, and cook the mixture, stirring constantly until smooth and thick. Continue the cooking in a double-boiler for 20 minutes, stirring occasionally. Cool the mixture. Add the unbeaten cream, the egg beaten until foamy but not stiff, and the vanilla. Chill the mixture. Freeze as directed on page 44.

Sherbets

Lemon-orange sherbet

(Approximate yield: 1 quart)

½ cup strained lemon juice
½ cup strained orange juice
¾ teaspoon grated lemon rind
½ teaspoon grated orange rind
1¼ cups sugar
3 cups sweet milk

Squeeze the lemons and oranges, add the grated rinds and the sugar to the juice, and stir until the sugar is dissolved. Add this mixture to the milk. Pour the mixture into a 2-quart freezer and freeze at once as directed on page 44. After freezing let the sherbet stand in the ice pack for 2 to 3 hours.

Lemon milk sherbet

(Approximate yield: 2 quarts, scant)

2 cups sugar
½ can condensed milk
4 cups milk
¾ cup lemon juice (4 to 5 lemons)

Combine all the ingredients except the lemon juice, and freeze as directed on page 44. Add the lemon juice when the mixture begins to freeze.

Pineapple sherbet I

(Approximate yield: 2 quarts, scant)

Substitute ¾ cup of crushed pineapple and the juice of 2 lemons for the ¾ cup of lemon juice in the lemon-milk sherbet recipe.

Pineapple sherbet II

(Approximate yield: 1 quart)

2 cups buttermilk
1 cup sugar
Few grains salt
½ cup pineapple, cut into very small pieces
¾ cup pineapple juice
2 tablespoons lemon juice
1 egg white (beaten until foamy)

Put all of the ingredients in a freezer and freeze as directed on page 44.

Frozen custard

(Approximate yield: 1½ quarts)

4 eggs
4 cups milk
⅔ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Beat the eggs until foamy but not stiff, and add them to the scalded milk (page 9), stirring constantly. Add the sugar and the salt, then strain. Cook the mixture in a double-boiler, over water that is just boiling, until the custard is thick enough to coat the spoon (185° F.). Pour the custard into the chilled container at once. Chill the mixture. Add the vanilla and freeze as directed on page 44.

Beverages

Breakfast cocoa

(Approximate yield: from 1 to 2 servings)	(Approximate yield: 6 servings)
1 teaspoon cocoa	2 tablespoons cocoa
1 teaspoon sugar	1½ tablespoons sugar
¼ cup water	½ cup water
¾ cup milk	4 cups milk
2 drops vanilla (if desired)	¼ teaspoon vanilla (if desired)

Combine the cocoa, the sugar, the salt, and the water. Boil for 1 minute. Scald the milk (page 9) and add it to the cocoa mixture. Heat the mixture to the boiling point but do not boil after the milk is added. Add the vanilla.

Coffee au lait (coffee with milk)

(Approximate yield: 6 servings)

2 cups strong coffee
2 cups milk

Make 2 cups of strong coffee, using from 3 to 4 tablespoons of ground coffee and 2¼ cups boiling water. Scald the milk (page 9) and combine it with an equal quantity of hot coffee.

Egg nog

(Approximate yield: 6 servings)

4 eggs
2 tablespoons sugar
½ teaspoon salt
1 teaspoon flavoring
4 cups milk
Nutmeg if desired

Beat the eggs, the sugar, the salt, and the flavoring together. Mix them thoroughly with the milk. Sprinkle the nutmeg on top.

EQUIVALENTS AND WEIGHTS

3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
5⅓ tablespoons	⅓ cup
16 tablespoons	1 cup
1 cup	½ pint
2 cups	1 pint
4 cups	1 quart
16 ounces	1 pound
4 tablespoons all-purpose or bread flour	1 ounce
1 cup all-purpose or bread flour	¼ pound
2 tablespoons butter, lard, or liquid fat	1 ounce
1 cup butter, lard, or liquid fat	½ pound
1 cup grated cheese	3 ounces
3 tablespoons cocoa plus ½ tablespoon fat	1 ounce chocolate
2 tablespoons milk or water	1 ounce
1 cup milk or water	½ pound
1 cup molasses	⅔ pound
1 cup raisins	6 ounces
1 cup uncooked rice	½ pound
¼ teaspoon soda plus ½ teaspoon cream of tartar	1 teaspoon baking powder
2 tablespoons sugar	1 ounce
1 cup sugar	½ pound
¼ pound walnuts in shells	1 cup shelled walnuts, coarsely chopped

INDEX

Alum, in baking powder, 22, 23
Aluminum, in baking powder, 23
American cheese, 8
Apricot ice cream, 45
Bacteria, lactic-acid producing, 6
Baked bean soup, 13
  custard, 35
Baking powder, alum, 23
  alum-phosphate, 23
  combination, 23
  effect of:
    too little, 23
    too much, 23
  phosphate, 23
  S. A. S., 23
  substitution of one kind for another, 23
  tartrate, 23
  three types of, 22, 23
  to measure, 22
Bavarian cheese cream, 38, 39
  cream, 38
Beet soup, 13
Beverages, 48, 49
Bread pudding, 42
  spoon corn, 27
  steamed brown, 24
Breads, hot, 24–30
Butter, nutritive value of, compared with whole milk, 7
Buttermilk cake, 31
  cultured, 6
  ease of digestion, 6, 7
  food value, 6
  in muffins, 29
  Johnny cake, 26
  made from skimmilk, 6
  spice cookies, 35
  use of, in recipes, 23
  waffles, 24
Biscuits, cheese, 25
Butterscotch pudding, 41
Cakes, 30–34
  buttermilk, 31
  cheese, 33
  chocolate, 32
  cream filling for, 33
  directions for mixing, 30, 31
  gingerbread, 32
  ingredients, measurement, 22–24
  ingredients, temperature, 30
  preparation of pans, 30
  sour cream, 32
  spice, 33
Calcium, in skimmilk, 6
  milk, rich source, 5
  need for, 5
Caramel, in custard, 36
Carrot soup, 14
Casein, in buttermilk, 6, 7
Celery soup, 14
Cereals cooked with milk, 21, 22
  to measure, 22
Cheddar cheese, 8, 17–20
Cheese, American, nutritive value of, 8
  and rice, 18
  Bavarian, cream, 38
  biscuits, 25
  brick, 8
  Brie, 8
  cake, 33
  Camembert, 8
  Cheddar, economical source of nutrients, 8
  dishes, 17, 20
  cream, 8
  crisps, 25
  dishes
    cheese and rice, 18
    cheese custard, 17, 18
    cheese fondu, 18
    cheese sandwich, 18
    cheese soufflé, 19
    macaroni and cheese, 19
    mock cheese fondu, 19
    Welsh rarebit, 20
  ease of digestion of, 9
  Edam, 8
  Emmenthaler, 8
  food, 8
  Gorgonzola, 8
  Gouda, 8
  Limburger, 8
  muffins, 28
  Neufchatel, 8
  Parmesan, 8
  partly-skimmed milk, 8
  pineapple, 8
  pinwheels, 25
  process, 8
  Rocquefort, 8
  salad dressing, 21
  sandwich, 18
  sauce, 10
  skimmilk, 8
  spreads, 8
  Stilton, 8
  Swiss, 8
  to measure, 22
  varied use, 9
  whole-milk, 8
Chemical changes in milk, 6
Chocolate ice cream, 46
  pudding, 40, 41
  sauce, 40
Chowder, Boston, 10
  clam, 10, 11
  corn I, 11
  corn II, 11
  corn III, 12
Clabber, use of, in recipes, 23
Clam chowder, 10
Cocoa, breakfast, 48
Coffee au lait, 48
  ice cream, 46
  in custard, 37
Cookies, 34, 35
  directions for mixing, 34
  ingredients, measurement of, 22–24
  soft molasses, using buttermilk, 34
  soft molasses, using sour cream, 34
  soft sour cream, 35
  spice, using buttermilk, 35
  storage of, 34
  sugar, using sour cream, 35
Corn bread, 27
  spoon, 27
  chowder, 11, 12
  pudding, 20
  soup, 14
Cornmeal, in muffins, 28
  mush, 21
Cottage-cheese casserole, 20
  good source of protein, 7, 8
  in custard, 37
  prune pudding, 42
  pudding, 42
  soup, 13
  vitamin-A content of, 8
  with macaroni in casserole, 20
Cream, filling for cream puffs, 33
  heavy, 7
  in ice creams and sherbets, 43
  light, 7
  medium, 7
  place in diet, 7
  puffs, filling for, 33
Creamed dishes, suggestions of foods for, 17
Creamy rice, 21
  pudding, 39
Crisps, cheese, 25
Custard, baked, 35, 36
  caramel, 36
  cheese, 17, 18
  coffee, 37
  cottage cheese, 37
  directions for making, 35, 36
  egg-yolk, 36
  frozen, 48
  plain, 36
  rice, 37
  soft cooked, 36
Desserts, gelatin, 37–39
Egg nog, 49
Egg-yolk, in custard, 36
Eggs, best temperature at which to beat, 30
  in ice creams and sherbets, 44
Equivalents, 50
Fat, added to buttermilk, 6
  energy value of, in butter, 7
    in cream, 7
    in ice cream, 7
  in milk, 5
  lack of, in skimmilk, 6
  solid, to measure, 22
Fish chowder, 10
Flour, all-purpose, 23
  bread, 23
  in ice creams and sherbets, 44
  pastry, 23
  to measure, 22
Fondu, cheese, 18
  mock cheese, 19
Food value of various forms of milk, 5–7
Forms of milk, food value of, 5–7
Frozen custard, 48
  desserts, 43–48
Fruit sponge, 37, 38
Garnishes for soups, 13
Gelatin desserts, 37–39
  in ice creams and sherbets, 44
Gingerbread, 32
Johnny cake, 26
Ice cream, apricot, 45
  chocolate, 45
  coffee, 46
  frozen custard, 48
  Philadelphia, 46
  vanilla I, 46
  vanilla II, 47
Ice creams and sherbets, aging the mix, 44
  flavors, 44
  freezing the mix, 44, 45
  ingredients, 43, 44
  packing, 45
Ingredients of baked products, 22–24
  of cream soups, 12
  of creamed dishes, 17
  of ice-creams and sherbets, 43, 44
  of white sauce, 9
  temperature of, for cakes, 45
Indian pudding, 43
Iodine, in feed of cow, 5
  in milk, 5
Irradiation of milk, 5
Lemon juice, use of, with milk in recipes, 23
  milk sherbet, 47
  orange sherbet, 47
  pudding, 41
Lima bean soup, 14, 15
Macaroni and cheese, 19
  and cottage cheese casserole, 20, 21
Main dishes, 17–21

INDEX (continued)

Measurements, Standard cup, 22
tablespoon, 22
teaspoon, 22
baking powder, 22
cereal, 22
cheese, 22
fat, 22
flour, 22
Meringue, 41
Milk as a daily food, 5–9
boiled, chemical changes in, 6
non-laxative effect of, 5, 6
use of, 5
calcium in, 5
condensed, 7
dried, 7
use of, in recipes, 23
enriched with vitamin D, 5
evaporated, 7
use of, in recipes, 23
fat in, 5
flash method of heating, 6
food-value equivalents, 52
homogenized, 6
how to boil, 6
importance of, for growth, 5
in ice creams and sherbets, 43
iodine in, 5
metabolized vitamin-D, 5
minerals in, 5
pasteurized, 6
phosphorus in, 5
protein in, 5
scalded, 9
skimmed (see *skimmilk*)
sour, 7, (see also *buttermilk*)
use of, in recipes, 23, (see also *buttermilk*)
sugar in, 5
value of, as food, 5
vitamins in, 5
whole, nutritive value of, compared with butter, 7
use of, in recipes, 23
Minerals, milk, source of, 5
mock cheese ondu, 19
Molasses bread pudding, 43
in cookies, 34
Muffins, characteristics of, 27
cheese, 28
cornmeal, using buttermilk, 28
using sour cream, 28
directions for mixing, 27
using buttermilk, 29
using sour cream, 29
wholewheat, using buttermilk, 29
using sour cream, 30
Oatmeal mush, 22
Onion and potato soup, 15
soup, 15
Orange, in sherbet, 47
Oyster stew, 12
Peanut-butter soup, 16
Philadelphia ice cream, 46
Phosphate, in baking powder, 22, 23
Phosphorus, need for, 5
supplied by milk, 5
Pinwheels, cheese, 26
Pineapple sherbet
I, 47
II, 48
Plain custard, 36
Potato soup, 15
Protein, in cottage cheese, 7, 8
in milk, 5
in skimmilk, 6
Pudding, Bavarian cream, 38
bread, 42
butterscotch, 41
chocolate, 40, 41
corn, 20
cottage cheese, 42
prune, 42
creamy rice, 39
fruit sponge, 37, 38
Indian, 43
lemon, 41
molasses bread, 43
tapioca cream, 39, 40
Recipes, 9–49
Rice, cheese and, 18
creamy, 21, 22
custard, 37
Sandwich, cheese, 18
Salad dressing, cheese, 21
Sauce, cheese, 10
white, medium, 9
thick, 9
thin, 9
Sauces, 9, 10
Scalded milk, 9
Sherbet, lemon milk, 47
lemon-orange, 47
pineapple I, 47, 48
pineapple II, 48
Skimmilk, content of, 6
dried, 7
Soda, amount to use, 24
effect of too much in baked products, 24
in place of baking powder, 23,24
Soft cooked custard, 36
molasses cookies, 34
sour cream, 35
Soufflé, cheese, 19
Soup, beet, 13
cottage-cheese, 13
cream of baked bean, 13
cream of carrot, 14
cream of celery, 14
cream of corn, 14
cream of lima bean, 14, 15
cream of onion, 15
cream of potato, 15
cream of tomato, 16
onion and potato, 15
peanut-butter, 16
potato, 16
Soups, amount of thickening in, 12
garnishes for, 13
made with milk or cream, 12–17
proportion of vegetables to milk in, 12
satisfactory consistency of, 13
to make thinner, 13
vegetables in, 12, 13
Sour cream cake, 32
cookies, 35
Sour milk, 7, (see also *buttermilk*)
Spice cake, 33
Spoon corn bread, 27
Substitution of one kind of baking powder for another, 23
vinegar for sour milk, 23
Sugar in ice creams and sherbets, 43, 44
in milk, 5
Tapioca cream, 39, 40
Tartar, in baking powder, 23
Tartaric, term on baking powder label, 23
Tartrate, in baking powder, 22, 23
Tomato soup, 16
Topping for Bavarian cheese cream, 39
Vanilla ice cream, 46, 47
mold, 40
Vinegar, use of, with milk, in recipes, 23
Vitamin A, in butter, 7
in cottage cheese, 8
in cream, 7
in ice cream, 7
in skimmilk, 6
Vitamin B, in skimmilk, 6
Vitamin C, decreased by pasteurization of milk, 6
in dried milk, 7
Vitamin content of milk, 5
Vitamin-D concentrate, 5
in butter, 7
in cream, 7
in ice cream, 7
in skimmilk, 6
metabolized, 5
milk, 5
Vitamin G, in skimmilk, 6
Waffles, buttermilk, 24
Weights, 49
Welsh rarebit, 20
Whey, carbohydrate content of, 8
mineral content of, 8
vitamin content of, 8
White sauce, 9
Wholewheat, in muffins, 29, 30
Yeast, irradiated, 5

MILK

The following are about equal in food value:

1 quart of fluid whole milk

17 ounces of evaporated milk (1 tall can holds 14¼ fluid ounces)

1 quart of skimmilk and 1½ ounces butter

5 ounces of American cheese (Cheddar)

4½ ounces of dried whole milk

3½ ounces of dried skimmilk and 1½ ounces butter